

Aqua Group Fitness Class

WINTER/SPRING Schedule 2020

Effective Jan.2. 2020—May 2020



♦ Let's GET SOCIAL!

Follow us on Social Media, Tag us to highlight your experience! Daily updates are posted here on Facebook!



- ♦ Facebook: WVCFFC Fitness Forum
Instagram: @WestValleyCityFamilyFitness
- ♦ #WEST #West2020 #WVCFFC

Glide Fitness

- ♦ Intermediate level
- ♦ Aqua Base Stability workout (Core Strength)
- ♦ Water Exercise Classes are not limited by age, it is by ability. * suggested age is 14 & up.



HYDRO-FIT Class!

Intermediate/Advanced level.

- ♦ Combination of HIIT (High Intensity Interval Training) in both Shallow and Deep.
- ♦ Decrease muscle soreness, assist improving Flexibility and Insomnia.



Family Fitness Center
5415 West 3100 South | 801-955-4000
www.wvcfitness.com



Aqua Group Fitness Class Schedule WINTER/SPRING 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Cardio Tones		Fit Intervals		Hydro Combo	*9am Only
8:10am			Cardio Tones		Cardio Tones	1st Week 9am Glide Fit
9:00am	Fit Intervals		Deep Intervals	Hydro Combo	Aqua Zumba	2nd Week 9am Aqua Zumba
10:10am	Aqua Fitness		Aqua Fitness		Aqua Fitness	3rd Week 9am Glide Fit
7:00pm	Aqua Zumba	La Blast Splash!	Aqua Zumba	Deep/Shallow DUO		4th Week 9am Fit Intervals
8:00pm		Deep/Shallow DUO		Aqua Zumba		5th Week 9am Deep/Shallow DUO

Aqua Fitness

Beginner—A gentle combination of mild intensity aerobics and toning exercises performed at a slightly slower pace to encourage gradual increase on range of motion, decrease muscle soreness, heart health, assist flexibility and muscle tone.

Fit Intervals/Deep Intervals

Intermediate Level—Frequent intervals throughout with variety exercises for total body. ** Deep—Non-joint impact workout while focused on core muscles to stabilize body against buoyancy to generate control and power during entire workout.

Cardio Tone

Intermediate/Advanced—Promotes muscle strength and endurance as you work against the opposite force of water. Adding equipment will increase results while throwing in a few intervals will boost the cardio.

Glide Fit

Intermediate levels—combining with Yoga, strength training, and HIIT (high intensity interval training) all combine on the fitness paddle board. Great way to challenge your stability workout!

Aqua Zumba

All Levels—Exercise in disguise with FUN party atmosphere! Powerful total (upper and lower) body workout, focus on core muscles, high energy cardio intensity as you sync with world music in water!

LaBlast Splash!

All Levels- Shallow cardio water exercise from ballroom dance moves and music in different era into water aerobic exercise!

Deep/Shallow DUO

All Levels—Fun way to condition our total body as we train in different stations/depth with alternating high and low intervals.

Hydro Combo

Intermediate/Advanced level—combination of HIIT workout and Toning exercises in both Deep/Shallow with faster pace.

ALL GROUP FITNESS Classes are INCLUDED IN YOUR MEMBERSHIP, Guests are welcome for DROP IN fee at front desk.